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## **WHOLE-WORLD SYNCHRONY**

From Jill and Russ Russell of Cambridge, England, comes a suggestion to use our global network of TMI members in a way that serves each of us individually and collectively; a way that allows us to exercise those skills and abilities we've gained from our Hemi-Sync® experiences, and that can make a significant positive impact on our reality as we perceive it.

Every Thursday (to establish a weekly routine), we enter into a deeply relaxed state of highly focused consciousness—no time, no space—and connect with that part of ourselves which is all of us. Within that connection, as we sense it, we extend our willingness to experience pure happiness, simply allowing ourselves to resonate with that vibratory pattern. Then, as we return to full, waking consciousness, we allow the vibration of gratitude to flow naturally and easily from us.

See you "there!"

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